

	THE AIR FORCES ASSOCIATION Rutland Branch THE FLYING HORSESHOE	
Branch Newsletter January 2012		

January 2012 Flying Horseshoe



The speaker at our January 2012 meeting was Julia Thompson who told us something about Herbal Medicine. Julia decided to unify her love of plants and healing by studying Herbal Medicine at Lincoln University graduating in 2009. She is now a registered member of the National Institute of Medical Herbalists. Julia and I have been corresponding for some time trying to fix a date for her visit. I'm pleased that we stuck at it, as it's some time since we have had such a meeting with so much member participation. I think everyone had a view on herbal medicine, many recalled it from their childhood.

Julia's talk was based on plants from the hedgerow, or perhaps what some would call weeds. She explained that the modern concept of Herbalists seemed to focus on the Chinese culture but this was a miss conception, although they do tend to appear on most high streets. Julie said that many plants could be used when boiling water was added to produce a refreshing cup of tea and in some cases alcohol could be added to create a tincture. We were told of a number of plants, which in various ways were of benefit to us. As an example Nettle, that can be used for many things including teas, soups, and as an anti-inflammatory drug. Of course we were reminded of the use that Dandelion could be put to such as a nice wine. Chickweed can be converted into a soothing cream and is good to put on stings. The list was endless. Julia recommended a book for those who are interested "Hedgerow Medicine" by Julie Bruton-Seal & Matthew Seal which is currently on Amazon @ £14.44 and I'm sure also available from other good book outlets. I said in my thank you to Julia and I feel it is worth repeating here. "I have to say what a friendly meeting with everyone participating we had last evening'. The time just flew by for what was a super and interesting topic. It's amazing how we were all able to recall our own Herbal Medicine remedies, many from our childhood". If you couldn't come along or would like some information Julia can be contacted at Tel: 01858 565398 or at Julia@medical-herbalist.me.uk.

Our next meeting on February 1st will be in the Drill Hall in Oakham as we are inviting local Cadet Units and other young people along to listen to Mr Tony, Halliwell Principal of the Welbeck 6th Form Defence College. If you have not done so already, I urge you to go to the College website www.dsfc.ac.uk and see what the college offers. Again apologies for those of you without computer access.

Peter Hart Speaker Secretary

5th January 2012

A Brief History of Herbs

"An herb is the friend of physicians and the praise of cooks." - Charlemagne

Man has had a loving relationship with herbs for centuries; and we know herbs have been used since prehistoric times. In fact in France, the 'Lascaux cave paintings' show herbs and recent carbon dating traces of the drawings date them back to between 13,000 and 25,000 B.C.

Herbs were considered so important by our fore fathers that ancient Romans and Greeks crowned their leaders with dill and laurel. The Romans also used dill to purify the air.

In the 5th century B.C., Hippocrates, the famous Greek physician, listed approximately 400 herbs in common use. Around 65 A.D., Pedanius Dioscorides, a Greek physician serving with the Roman army, wrote "De Materia Medica," in which he described the medicinal uses of many herbs. Even today, his book is considered one of the most influential herbal books available.



In the Middle Ages, herbs were often used to help preserve meat as well as covering the rotting taste of meals that couldn't be refrigerated. Herbs also helped mask the odours of people who bathed irregularly, if at all. This period was not favourable to the progress of herbs in medicine. In fact, the Catholic Church began burning herbalists, having associated them both with witchcraft and paganism!

Many of our early settlers grew herbs for seasoning their food, as well as, for their medicinal properties. Herbs like an open, sunny but sheltered site, with neutral to alkaline soil that has good drainage. A sunny border, which, gets sun for most of the day is best as most of the common herbs like lavender, thyme, rosemary, sage, winter savoury and marjoram are native to the Mediterranean, so they like conditions similar to those they originated from.

If you have clay soil, the best thing to do is roughly dig it over in the autumn, and leave the clods to be broken down by frost over the winter. This works by the rough soil being exposed to the wet weather, and soaked by water, and when the frosts come, the clods expand, and break down. Then in early spring dig through plenty of organic matter, such as well-rotted garden or mushroom compost. This will provide the free-draining and fertile bed herbs love. *Happy Growing*

Kathryn Manderson

Birmingham International Tattoo 2011

In December, Francis Humphreys our Standard Bearer and Rob Kirkpatrick, MBE, British Legion Standard Bearer proudly paraded, together with almost 100 standards at the 2011 International Tattoo in Birmingham. Angie and Dorothy also went along as supporters. There were two performances, Saturday evening and Sunday matinee and to add to the fun the German Christmas Market was in the city at this time.

The show was non stop entertainment, which included military bands from the Marines, the Norwegian Kings Guard Veterans Band and the Drill Team, the Band and Corps of Drums of the Yorkshire volunteers. The British Flyball Association Flyball Racing, Inter-service Field Gun Competition and the Freestyle Disco was also performed by over 500 youngsters and the Blue Falcons Gymnastics Display team.

Our standard bearers appeared in the Opening Ceremony and the Grand Finale and both agreed it was a memorable occasion and they were proud to be part of it.

We all felt that this would make a great trip for members and the idea of a group travelling on Sunday 25th November 2012 to the matinee has been suggested. If you would like to go along to see this super show in 2012, please let us know and our committee will find out more and try to organise this outing.(01572 756120)

Francis & Angie Humphreys

On New Year's Day

by Kenn Nesbitt

On New Year's Day a year ago,
I started off the year
by making resolutions
that were probably severe.

I said I'd save my money,
as this seemed so very wise.
I vowed I would improve my health.
I swore I'd exercise.

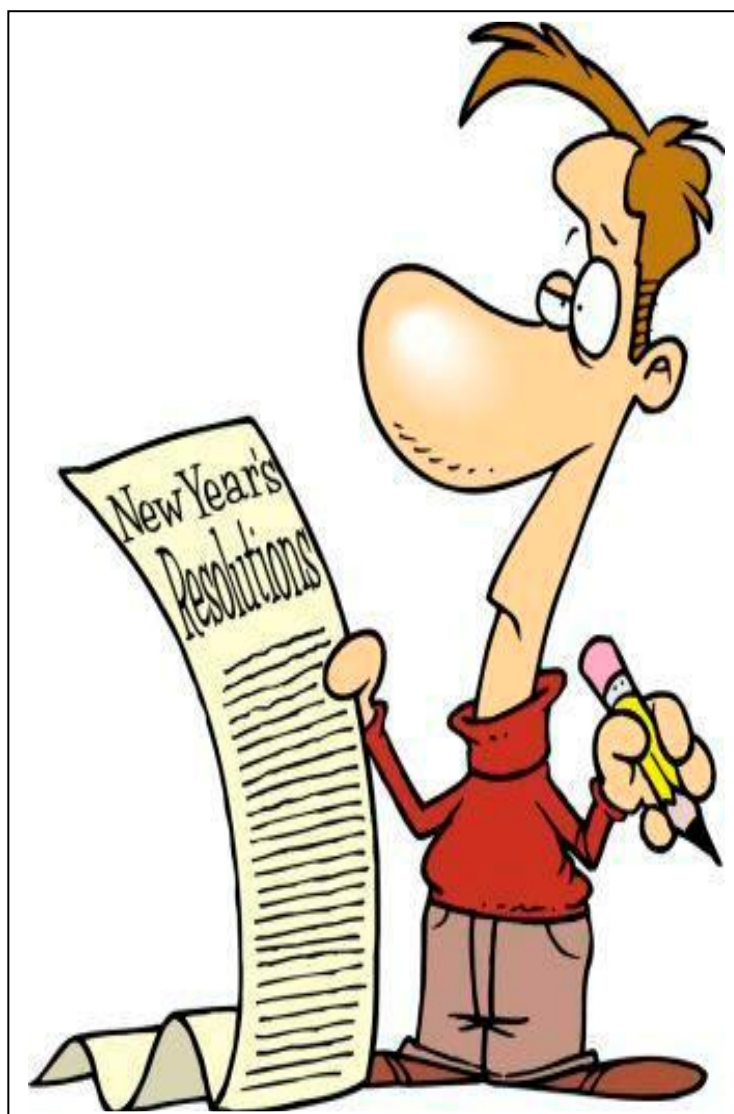
I stated I would do my homework
every single day.
I'd brush my teeth religiously
to ward off tooth decay.

I'd eat my fruits and vegetables
and keep my bedroom clean.
I'd treat my sister kindly
though she's often very mean.

My resolutions lasted me
about a half a day.
I promised I would keep them
but I broke them anyway.

So now I'm fat and penniless.
My homework's overdue.
My sister's mad. My teeth are bad.
My room is messy too.

And yet I think I may have found
the best of all solutions,
and this year I've resolved
to not make ANY resolutions.



Christmas Quiz Answers.

1. Labour
2. Alan Ladd
3. La Dolce Vita
4. Laika
5. Frankie Laine
6. Lambeth Palace
7. Michael Landon
8. La Paz
9. Lapwing
10. Harry Lauder
11. Laughing Gas
12. Archibald Leach
13. David Lean
14. Jack Lemon
15. Lenin
16. Leningrad
17. Leukaemia
18. Libya
19. LIGER
20. Light Flyweight
21. Lima
22. Harry Lime
23. Little White Dove
24. Liverpool
25. Ken Livingstone
26. Lockjaw
27. Loire
28. Herbert Lom
29. London Bridge
30. Peter Lorre
31. The Louvre
32. Luciano
33. Bert Lynch

DATES for Your DIARY

1st Feb 2012	Tony Halliwell	The Principal of Welbeck 6th Form College. Venue The Drill Hall Oakham as the Cadets are invited.
7th Mar 2012	AGM	
4 th April 2012	Ray Hill	DVD on RAF Cottesmore

Meetings are 1st Wed every month

Venue: Cottesmore Sports & Social Club – 7.00 for 7.30pm

Branch Contact Numbers

Duncan Manderson, Chairman, Pickwell Grange, Whissendine, LE15 7ER, 01664 474274

Phil Marston, Branch Secretary, 12 Seaton Road, Uppingham, LE15 9QX, 01572 822731

Kathryn Manderson, Editor Flying Horseshoe, email: kathryn.manderson@hotmail.com

Peter Hart, Speaker coordinator, Tel 01572756750 peterivy42@btinternet.com

Wings Appeal Organiser Jim Tibbott

Membership

Membership renewal is due. Angie our Membership Secretary will be happy to receive Members' and Branch Associate Members' renewal subscription at our next meeting. If you are not sure when your renewal is due please ask as our current membership list is easy to check.

The majority of our members do pay by direct debit and these payments are automatically advised to Angie, so no action is required, unless for some reason you have not received your new membership card for 2012 or have any other queries on membership. If you do then telephone 01572 756120

[Angie Humphrey](#)

***Do you know any of them?
AIR FORCE PERSONNEL
NEW YEARS HONOURS LIST 2012***

Order of the Bath

KCB

Air Marshal Kevin James Leeson, CBE, Royal Air Force.

CB

Air Vice-Marshal Michael John Harwood, CBE, Royal Air Force.

Air Vice-Marshal Christopher Brian Morris, Royal Air Force.

Order of the Brit Empire

CBE

Air Commodore Richard John Atkinson, Royal Air Force.

Group Capt Nicholas Bray, Royal Air Force.

Group Capt John Gordon Gladston, MBE, DFC, Royal Air Force.

OBE

Wing Cdr Julian David Ball, Royal Air Force.

Wing Cdr Adrian Stewart Frost, Royal Air Force.

Wing Cdr Brian James, Royal Air Force.

Wing Cdr Iain Lunan, Royal Air Force.

Wing Cdr Patrick Keiran O'Donnell, Royal Air Force.

Wing Cdr Simon Andrew Paterson, Royal Air Force.

Wing Cdr Peter James Murray Squires, Royal Air Force.

MBE

Sqn Ldr Mark John Beardmore, Royal Air Force.

Sqn Ldr Mark Edward Biggadike, Royal Air Force.

WO Russell Jeremy Coppack, Royal Air Force.

Sqn Ldr Graem Michael Corfield, Royal Air Force.

Sqn Ldr Christopher John Ford, Royal Air Force.

Sqn Ldr Michael David Hale, Royal Air Force.

Sqn Ldr Neil Hope, Royal Air Force.

Sqn Ldr Terence Jeffrey Horsley, Royal Air Force Volunteer Reserve (Training).

WO Nicola Vincenza Hutchinson, Royal Air Force.

WO Brent Thomas Inglis, Royal Air Force.

Sqn Ldr Joanne Louise Lincoln, Royal Air Force.

Flt Sgt Simon John Norris, Royal Air Force.

Sqn Ldr Michael George Oxford, Royal Air Force.

Master Aircrewman Dean William Edward Penlington, Royal Air Force.

Sqn Ldr Gerard Jeffery Sheppeck, Royal Air Force.

Sqn Ldr Paula Simone Willmot, Royal Air Force.

QUEEN'S VOLUNTEER RESERVES MEDAL (QVRM)

Flt Lt Stephen John Duddy, Royal Auxiliary Air Force.

Sgt Stephen Stewart, Royal Auxiliary Air Force.